

TIERED QUESTIONING SET

The following tiered question sets are based on Webb's Depth of Knowledge (DOK) Levels. These sample sets are designed to assess student understanding of physical education academic language vocabulary found within the Virginia Physical Education Standards of Learning. Model these questions with other vocabulary words or critical concepts. There are 4 Depth of Knowledge Levels. However, at the primary grade levels (K-2) the authors limit question sets to DOK Level 3 (Strategic Thinking). This level provides a developmentally appropriate and realistic target for scaffolding in-class debrief questions.

DOK 1: Recall
DOK 3: Strategic Thinking

DOK 2: Skill/Concept
DOK 4: Extended Thinking

Catch [3.1: Motor Skill Development]

DOK 1: How do you hold your hands when catching a ball above your waist?

DOK 2: How does the position of your hands change when you are trying to catch a ball below your waist?

DOK 3: How would you change your technique for a larger or smaller ball?

DOK 4: After getting feedback from a peer, determine how you need to adjust your skill to be more successful.

Lungs [3.2: Anatomical Basis of Movement]

DOK 1: Where are your lungs located?

DOK 2: What system of the body do the lungs belong to?

DOK 3: What activities can you do to make your lungs stronger?

DOK 4: What are some ways to measure the effectiveness of your cardiorespiratory system?

Muscular Strength [3.3: Fitness Planning]

DOK 1: How would you describe muscular strength?

DOK 2: Why is it important to have good muscular strength?

DOK 3: What activities can you do to improve the muscular strength in your arms? Legs?

DOK 4: Using the results from the muscular strength test we have done, make a list of three activities you can do to increase your strength.

Feedback [3.4: Social Development]

DOK 1: What does it mean to give someone feedback?

DOK 2: What feedback have you received from a peer or a teacher in this module?

DOK 3: How should you react when you are given feedback?

DOK 4: Thinking about the feedback you have received in this module, what will you do to improve your performance?

Hydration [3.5: Energy Balance]

DOK 1: What does it mean to hydrate the body?

DOK 2: Why is hydration important?

DOK 3: What do you think would happen if someone didn't hydrate his/her body?

DOK 4: Calculate the amount of water you should drink daily using the formula of two ounces of water for every two pounds of your body weight.

Learn more about DOK Question Stems for Physical Education at the [OPENPhysEd.org Blog](https://openphysed.org/blog).